

Components	SBP				
	School week avg.		Per Week (Minimum Per Day)*		
	Presch Ages 1-2	Presch Ages 3-4	Grades K-5	Grades 6-8	Grades 9-12
Fruits (cups)	1/4 c	1/2 c	5 (1)	5 (1)	5 (1)
Vegetables (cups)	fruit or vegetable or 100 % juice		no requirement		
	Select one serving from each of the following grain & Meat/Mt Alternate components, two from one component, or				
Grains					
Whole Grain Rich (oz eq)			7-10 (1)	8-10 (1)	9-10 (1)
Whole grain or enriched bread	1/2 slice	1/2 slice			
Whole grain or enriched bread product, such as biscuit, roll, muffin.	1/2 serving	1/2 serving			
Whole grain, enriched or fortified cereal	1/4c or 1/3 oz	1/3c or 1/2 oz			
Meats/Meat Alternates			no requirement		
Meat/poultry or fish	1/2 oz	1/2 oz			
Alternate protein products 2	1/2 oz	1/2 oz			
Cheese	1/2 oz	1/2 oz			
Large Egg	1/2	1/2			
Peanut butter or other nut or seed	1 TBL	1 TBL			
Cooked dry beans and peas	2 TBL	2 TBL			
Nuts and/or seeds (as listed in program guidance)**	1/2 oz	1/2 oz			
Yogurt, plain or flavored, unsweetened or sweetened	1/4c or 2 oz	1/4c or 2 oz			
Fluid milk (cups)	4 fl oz a variety of fat contents, flavored or unflavored	6 fl oz fat-free (unflavored or flavored) or low-fat (unflavored only)	5 (1)	5 (1)	5 (1)
Nutrient Standards			Daily amount from Avg for 5-day wk		
Min-max calories			350-500	400-550	450-600
Saturated fat			<10	<10	<10
Sodium (mg)			≤540***	≤600***	≤640***
Trans fat			Nutrition label or manufacturers specs must indicate 0 grams of <i>trans</i> fat per serving.		
	School week avg.				
Nutrients and energy allowances School	Age 2	Ages 3-4			
Energy allowances (calories)	325	388			
Total fat (as a % of actual total food energy)	2	2			
Saturated fat (as a % of actual total food energy)	2	2			
RDA for protein (g)	4	5			
RDA for calcium (mg)	200	200			
RDA for iron (mg)	2.5	2.5			
RDA for Vitamin A (RE)	100	113			
RDA for Vitamin C (mg)	10	11			

* When there are two quantities listed and one is in parenthesis, the first number is the meal pattern amount of food per week. The second number in parenthesis is the minimum per day.

** No more than 1 ounce of nuts and/or seeds may be served in any one breakfast.

*** Sodium Target 1: SY 2014-15

Target 2: SY 2017-18
 ≤485mg (K-5)
 ≤535mg (6-8)
 ≤570mg (9-12)

Final target: SY 2022-23
 ≤430mg (K-5)
 ≤470mg (6-8)
 ≤500mg (9-12)